



JETT Training Recommended Diet Plan

Meal 1:

Isagenix shake or 1 protein, 1 carb and optional vegetable

Meal 2:

- a. Isagenix Greens or Isafruits (four to six weeks)
- b. 90 Calorie Snack
- b. Isa Slim Cake or Isagenix Whey Thins (four to six weeks)
- c. Isagenix Honey Almond Crisp Bar or Isagenix Peanut Chocolate Chew (only for high activity level)

Meal 3:

1 protein

1 carb

1 vegetable

Meal 4:

- a. Isagenix Greens or Isafruits (four to six weeks)
- b. 90 Calorie Snack
- c. Isa Slim Cake or Isagenix Whey Thins (four to six weeks)
- d. Isagenix Honey Almond Crisp Bar Isagenix Peanut Chocolate Chew (only for high activity level)

Meal 5:

1 Protein

1 Vegetable